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Thursday, November 18, 2010 www.metronews.ca









Mournful city says goodbye

- An estimated 5,600 people attend memorial for Senators coach's daughter
- 'I wish I could have been there when you needed someone': Friend



Alison Greene was among the thousands of friends, teammates, and family members who filled Scotiabank Place yesterday to share their memories of Daron Richardson, the daughter of Ottawa Senators assistant coach Luke Richardson.

"I miss her a lot but I know that she's

in a better place now," said Greene.

Richardson died Saturday from her injuries following an attempted suicide. The family held an open memorial to celebrate her life.

"They wanted to make something good happen out of a tragedy and be able to

raise the awareness on teen suicide," said Ottawa Senators president Cyril Leeder.

General manager Bryan Murray said the Senators were devastated by the news and they reorganized their schedule to support the Richardson family.

JOE LOFARO

Scen

Denzel salutes the workers

◆ Actor gets in touch with common man in Unstoppable ◆ Elizabeth Banks explores dark side in The Next Three Days {pages 18-21}

We want fresh leaders: New poll

Canadians unhappy with Harper, Iggy, says survey (pages 14-15)



Cue in the camel coat

How to put your individual touch on common item {page 24}

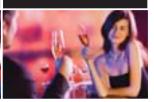
Call this movie resident EVOL

Locally filmed action flick set for screen {page 6}

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'She lived much more than her 14 years'

▶ Family shared the news of Daron's suicide in hopes of removing the stigma of mental health issues, chaplain says
▶ Organ donation, benefiting four people, was teen's 'final act'



She learned to water-ski at age three, bungee jumped at five, was well-travelled and liked to sing at top volume in the shower.

Daron Richardson was poised, skilled and popular. She showed talent on the dramatic stage and on the ice as a hockey player, like her father, Luke Richardson.

Yesterday, thousands gathered in a celebration-of-life ceremony to remember Daron, who took her own life over the weekend. She was 14.

Daron's life was more than the events of the past week, said chaplain Roshene Lawson. "We are here to remember her sto-

"She embraced every moment and lived life to the fullest," said Michael Dagenais, Daron's godfather and a former junior teammate of Luke Richardson, as he delivered the eulogy.

logy.
"She lived much more than her 14 years. She possessed a true love of family ... It was never more apparent than when she was with her sister, Morgan."

That love was returned, Dagenais said.

Over the weekend, Morgan spent 40 hours holding her sister's hand, at one point putting earbuds



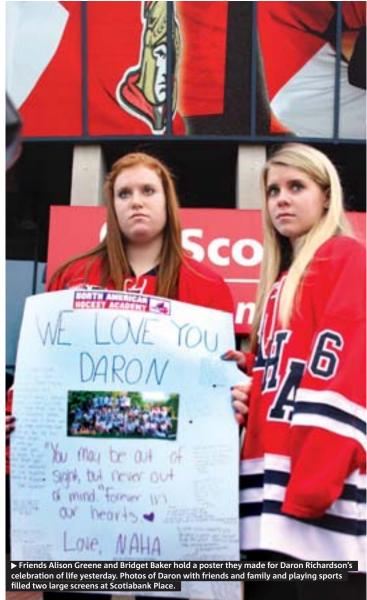
"You'll be over top of me, laughing, smiling and letting me know you're with me. You are everything to me." ERIN SAUVE, DARON RICHARDSON'S HOCKEY TEAMMATE

in Daron's ears to drown out the sound of the medical equipment, Dagenais said.

"You're the best friend and the sister I never had," said one of Daron's closest friends, Emily Groper. "I'd give anything for one more second ... to tell you how much I love you."

"She was an exceptionally talented young lady," said Greg Simpson, one of her teachers at Ashbury College. "Daron had character.

"You will never be alone, never be forgotten."







Pastor tells followers thou shalt not re-connect with old flames or Facebook. Scan code for story.

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The long decline
of a former
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superstar,
Defence
Minister Peter
MacKay. More at
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New bidder, new ideas for Lansdowne

NBBJ, designers of Staples Centre, involved in bid
 Conservancy modelled on Central Park Conservancy



Lansdowne Park would remain entirely in public hands under the terms of a new plan by Lansdowne Park Conservancy to develop the property.

All heritage buildings on the site would be preserved and no private development would go ahead, conservancy co-ordinator John Martin said yesterday.

The Ottawa Sports and Entertainment Group put forward the original plan, which included office, reProjected period of time, in months, required to complete construction on Lansdowne Park under the conservancy's proposal.

tail and residential developments, earlier this year.

The conservancy filed a letter of application with city officials on Monday, outlining two re-development proposals, one with a stadium at Lansdowne, and another with the stadi-

um at LeBreton Flats in-

"Up until we were registered, we were a non-entity," Martin said. "We are hard news now."

David Chernushenko, councillor-elect for Capital Ward, in which Lansdowne is located, said he was intrigued by the alternate proposal

nate proposal.

"I think it's exciting to see that there are other options out there," he said.
"People say no one else ever came to the table. My response was we never set the table and asked people to put their proposals on it."

Councillor boosts long-considered indigenous centre

A proposed national indigenous centre on Victoria Island may get a boost from city hall.

The community and protective services committee will consider a report from Bay Coun. Alex Cullen today recommending that council support the centre.

The idea of an indigenous centre was first suggested in the 1980s by Jean Pigott, then the chairman of the National Capital Commission, but the project has repeatedly stalled.

The city's declaration of support wouldn't include funding, but would be communicated to other levels of government.

levels of government.
Architect Douglas Cardinal, who was commissioned to draw plans for the centre in 2004, said he was encouraged by news of Cullen's report.

"We've got all the other



embassies of all these countries around the world, and I think that it would be wonderful to have the First Nations represented here as well, particularly on their sacred site, which has been their

site for thousands of years," he said.

Cullen said yesterday that Elder William Commanda from the Circle of All Nations will be attending.

 $\stackrel{\smile}{\odot}$ STEVE COLLINS

Senate's snap vote kills Commons-passed bill

Opposition MPs and environmental activists said Canada is going into global warming talks empty-handed after a majority of Conservative senators voted down a climate-change bill.

The Commons passed the bill in May, and it went to the Senate for final approval, where a snap vote yesterday killed the bill by a margin of 43-32.

The legislation calls for greenhouse gases to be cut 25 per cent below 1990 levels by 2020.

Thunder Bay-Superior North MP Bruce Hyer, who introduced the bill, said he was "shocked" that the bill was killed by the Senate.

was killed by the Senate.

"That's bad for three reasons," said Hyer. "It's really bad for the environment; second, the government is going to Cancun for a UN meeting with no plan at all ... and the worst is, this sets a deeply disturbing precedent for our parliamentary system."

NDP Leader Jack Layton said Canada now has noth-

ing to show heading into a coming round of United Nations climate talks in Mexico.

"Canada will be one of the few, probably the only country, who has absolutely nothing," he said.

Hyer said he asked for an emergency debate yesterday, only to have it turned down by the speaker

He said he will reintroduce the bill at the next available opportunity.

TRACEY TONG/WITH FILES FROM THE CANADIAN PRESS





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Info system featured at GIS Day

Geographic Information Systems technology, like GPS and online mapping tools, took centre stage at GIS Day, hosted by Carleton University's Department of Geography and Environmental

GIS Day organizer Steve Prashker, a department instructor, also re-

vealed his talents as a "map wizard," master of secrets for folding maps for compactness and ease of retrieval.

"If you take your typical Ontario road map, and you open it up and try to fold it back, you can usually never get it back the way it was originally folded," he said. "These are some of the techniques that make it easier.

Among his techniques is the Miura map fold, named for Japanese astrophysicist Koryo Miura and used to fold solar panel arrays on satellites. It's also great for maps. $\ensuremath{\bullet}$ steve collins

Ottawa gets EVOL for local movie

EVOL stunt actor Dennis Lafond also did stunt work for Scott Pilgrim vs. The World



Ottawa audiences will get their first chance to see EVOL, an action movie filmed here by local filmmakers Pascal Aka and An-Givogue, at the Mayfair Theatre this weekend

This follows July's soldout screening at the Action on Film International Film Festival in Los Angeles, where EVOL, made for \$6,000, beat some multimillion-dollar productions to win the Audience Choice award.

"You can make a bigbudget movie or a lowbudget movie but you can never, ever put a price on talent. You cannot put a



price on passion," said director Aka, "and when I see these martial artists perform, it's like, oh, my

Dennis Lafond stars in

the film and co-ordinated those action scenes.

Producer Givogue said he's hoping for a big hometown welcome at the screenings against stiff "We do these movies for home. We do this for Ottawa. We could have moved away a long time ago. but at the same time, we're trying to inspire in our community, in our city, other filmmakers, other actors, any kind of artists at all."

EVOL DIRECTOR PASCAL AKA

competition.

"We just want to get the local support and for everybody to show up," he said. "We're up against Harry Potter on Friday night."

EVOL shows at the Mayfair Friday at 9 p.m. and Sunday at 7 p.m.



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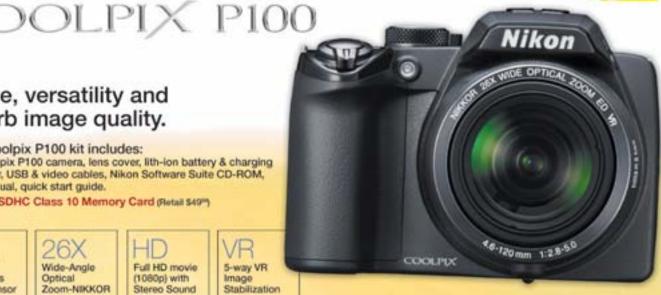
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WILLIAM D. GAIRDNER

"A REGIME CHANGE OVER THE LAST 50 YEARS"

William D. Gairdner is in Ottawa today to discuss his new book, The Trouble with Canada...Still! which explores the "rotting core" of Canada and what we need to do to get our country back on course.

Is Canada in that bad of a shape?

We have a country which is almost completely hunkered down on ... this notion that everyone in Canada should have more or less the same goods and services. This is my effort to put into place the arguments suggesting that that was a bad direction for us to go in.

What sort of language policy are you proposing in Canada?

I don't like forced bilingualism. Canada had the choice of going with a territorial principle such as the Swiss have done and just have five language groups — not just two.

O IOE LOFARO

CHANCE YOUR IN NEIPEAN SPOTS HERE SPOTS HERE

Klutz charged in robbery

Police yesterday charged a man who allegedly robbed a commercial establishment and proceeded to trip and fall on his own knife shortly afterwards. Faraz Mirza, 21, who is still in hospital for his injuries, is in custody. • TRACEY TONG

Three in hospital after leak

Three workers were hospitalized and several more assessed for symptoms after a pipe carrying Freon broke at the YMCA on Argyle Avenue where renovation work was conducted yesterday. The Ministry of Labour is investigating.

Man faces more sex charges

An Ottawa male faces additional charges following a historical sexual assault investigation. Police said a complaint was received earlier this month in relation to inappropriate contact between an adult male and a male under 16.

• TRACEY TONG

Top chef wins gold once again

Michael Moffatt, executive chef of Beckta Dining & Wine and Play, won gold at Ottawa's Gold Medal Plates for the second time earlier this week. Moffatt will go on to Kelowna to compete again at the national level in February.

• ROBIN DUETTA

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OIL RIG ATTACK

'Military operation' frees a Canadian

A Canadian oil worker abducted by gunmen during an attack on an oil rig off the coast of Nigeria this month was released yesterday after what sources said was a military operation.

Bob Croke, a St. John's, N.L, area resident was taken hostage Nov. 8 during the attack at the Okoro oilfield, 11 kilometres off the coast

of Nigeria's Akwa Ibom state. The oilfield is operated by London-based Afren PLC.

Two Americans, two Frenchmen and two Indonesians were also abducted.

Foreign Minister Lawrence Cannon confirmed that Croke has been released and is now safe.

In a Facebook posting, Croke's niece, Danielle Croke, said she was very happy the hostages have been freed, and her uncle is safe.

"Been holding our breath on this since it happened. Soooooo happy he's alright," she

Complaint Gay slurs trip up a Palin. 16

Sarah Palin's 16-year-old An Ottawa school board is daughter, Willow, is in hot water for using homophoabout sexual orientation. bic slurs against a schoolmate who criticized her The move comes after a

show, Sarah Palin's Alaska. Willow Palin called the boy "so gay" and "a faggot" when he said, on his Facebook wall, that the show was "failing hard."

THE ASSOCIATED PRESS

mother's new reality TV

THE CANADIAN PRESS

stifles local sex survey

putting off a controversial survey that asks students

complaint was filed with Ontario's privacy commissioner, and the Ottawa-Carleton District School Board says the survey will be delayed until an investigation is complete.

THE CANADIAN PRESS

Wedding date's a royal guessing game



It could all depend on England's weather — or the FA Cup final

Based on the official statement, Prince William and his bride-to-be Kate Middleton could be married any time between March and September of next year.

But anyone who has spent any time in England knows that reliable sun-shine can only be had about six weeks of the

That narrows the list of possible dates considerably.
The pair don't want to

run up against a big football match — the FA Cup final is scheduled for May 15 in London's Wembley Stadium. So that date is

Ditto July 2 (the Wimbledon final) and June 10 (the 90th birthday of Prince Phillip).

Other dates are positively portentous. June 21 is William's 29th birthday. which could make for a nice, cost-saving combined

"She may give a nod to Princess Diana, and use one of her designers. like Bruce Oldfield or Amanda Wakeley, or she may make a statement of her own."

MAGAZINE EDITOR DEBORAH IOSEPH. COMMENTING ON MIDDLETON'S WEDDING DRESS

party on either June 18 or

But you only get one chance at your first mar-riage, so who wants to split their gifts?

The favourite thus far, according to "royal insiders" (a.k.a. the whispers inside the heads of Fleet Street editors) is July 8. That's a Friday, in case you need to start booking time off work now.

THE ASSOCIATED PRESS

Start a push now to end poverty, MPs told

Just \$34,738

- The committee defined poverty as Statistics Canada's after-tax Low Income Cut-Off, which in 2008 was \$34,738 for a family of four in a city the size of Toronto.
- Six provinces have antipoverty laws that are beginning to make a difference, the report

Ottawa needs a giant plan and dedicated funding to ease the plight of 3.1 million Canadians living in poverty, including more than 600,000 children and 700,000 working poor households, says a landmark parliamentary report.

The 300-page report, tabled in the House of Commons yesterday, calls on Ottawa to start work immediately on a federal poverty reduction plan in

consultation with provinces, municipalities and aboriginal governments.

Key recommendations of the report by the Committee on Human Resources, Skills and Social Development include:

▶ A new federal transfer fund to support provincial poverty reduction initiatives.

▶ Increasing the Canada Child Tax Benefit and Supthe current \$3,436 within five years.

▶ A long-term national housing and homelessness strategy.

▶ Measures to help the most vulnerable including a refundable Disability Tax Credit, improved Employment Insurance; improvements to the Guaranteed Income Supplement for seniors; and a national child care program. TORSTAR NEWS SERVICE





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Breathe easy — asthma on decline

• Decrease in rates of smoking one of the factors that has helped reduce cases in children aged two to seven: StatsCan

Lighting up

Dr. Allan Becker, a pediatric allergist, said "there's no question" that a decline in smoking rates helps.

Parents who smoke "Children of parents who smoke have a much higher frequency of colds, of respiratory infections, and among those children, the viral illnesses are the major causes of these wheezing illnesses," he said. "And that would suggest, then, a diagnosis of asthma. So with fewer — especially young parents — smoking, it really does make a difference in the likelihood that these children will have wheezy episodes with their colds."

Asthma cases have dropped among two- to seven-year-olds to their lowest level in more than a decade, Statistics Canada reported yesterday.

One factor that may have contributed to the decline is the hand-in-hand drop in smoking rates across the country, along with changes in diagnosis patterns, experts say.

The percentage of kids with asthma rose from 11 per cent to 13 per cent from 1994 to 2001, but by last year, the figure had fallen to 10 per cent.

Since the turn of the century, the percentage of kids with asthma has fallen in the Atlantic provinces, Ontario and Quebec, but remained fairly stable in the Prairie provinces and British Columbia, the study showed.

Dr. Allan Becker, a pediatric allergist, said the overall findings don't surprise him.

"There are two things that I think are probably going on. One is that we may actually be seeing a real plateau in asthma prevalence, and that's entirely possible," he said from Winnipeg, where he is head of the section of Allergy and Clinical Immunology in the department of pediatrics and child health at the University of Manitoba

University of Manitoba.

"And secondly that there is that diagnostic perception now that not all that wheezes is asthma. That's an aphorism that we've heard from our professors many, many, many years ago, mostly speaking about adults. But now that's equally true in terms

of children."

The study found that a significantly higher percentage of boys than girls had been diagnosed with asthma over the 14-year period. The upturn in asthma prevalence to 2000 and the decline that followed was seen in all age groups.

A key finding is that the percentage of children with asthma who reported an asthma attack in the past 12 months fell steadily from 53 per cent in the mid-1990s to 36 per cent last year.

Becker gives credit to education targeted at children, their families, primary care physicians and pediatricians, who are doing an "excellent job" in helping to control asthma.

But he said it's not as good as it should be.

➤ This aerial image shows tens of thousands of Muslim pilgrims moving around the Kaaba, the black cube seen at centre, inside the Grand Mosque, during the annual Hajj in Mecca, Saudi Arabia, yesterday.

Millions in Mecca

The annual Islamic pilgrimage draws 2.5 million visitors each year, making it the largest yearly gathering of people in the world.

Create offshore agency: Chopper probe official

Newfoundland's offshore oil industry needs a separate agency to better oversee safety, the head of a probe into chopper safety said yesterday.

Commissioner Robert

Commissioner Robert Wells said he issued 29 recommendations to improve the transportation of offshore oil workers after Cougar Flight 491 crashed into the Atlantic Ocean last year, killing 17 people.

Wells said his top rec-

ommendation is to establish an offshore safety body or an autonomous division within the Canada-Newfoundland and Labrador Offshore Petroleum Board, which regulates the industry.

"One of the most important thrusts of the report is that regulation should be strengthened and become more proactive and vigorous — and that safety should never, ever be tak-



en for granted," Wells said in an interview.

"Part of my recommendation is that there either be a separate safety body as there is in Norway, the United Kingdom and Australia, or there should be a separate division of the present regulator, the C-NLOPB, which would be strengthened greatly in terms of resources and individuals."

THE CANADIAN PRESS

Investigated

The cause of the Cougar Flight 491 disaster is still under investigation by the Transportation Safety Board. It has cited a loss of oil pressure after two studs securing the oil filter assembly to the main gearbox snapped in flight. Oil flowing through the main gearbox helps power the chopper's rotor drive.



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12

Bristol Palin's dance a blast — of a shotgun

◆ 'Raging' man shot up his TV during Dancing With The Stars, wife says ◆ 'He scared the bejebees out me'

A rural Wisconsin man apparently enraged by Bristol Palin's Dancing With The Stars routine blasted his television with a shotgun, leading to an all-night standoff with a SWAT team, investigators say.

Steven Cowan, 67, was arrested after officers coaxed him out of his house in Vermont, a farming community near Madison, Wis.

Cowan, who is accused of threatening his wife with the gun after destroying the TV, appeared in a Madison courtroom yesterday on a charge of second-degree reckless endangerment.

His bail was set at



\$1,500.

Cowan's wife, Janice Cowan, told investigators her husband suffers from bipolar disorder and threatened her life in the past.

According to court documents, Janice Cowan said her husband came home Monday from the bar and had a beer with dinner before they settled down to watch Dancing With The Stars.

When Palin, the 20year-old daughter of U.S. politician Sarah Palin, began her routine, Cowan jumped up and began swearing.

Janice Cowan said her husband left the living room and reappeared 20 minutes later with his shotgun, "raging" with his face bright red, and blasted the TV.

"He scared the bejebees out of me," she told detectives.

THE ASSOCIATED PRESS



Berlusconi bombshell

Politics have hit turbulence in Italy. Premier Silvio Berlusconi will face a do-or-die confidence vote Dec. 14, reports say. And students demonstrated against education reforms in many cities yesterday.

Sleepy pilot blamed for crash that killed 158

The pilot of an Air India flight that crashed in May, killing 158 passengers, slept through more than half the flight and woke up disoriented when it was time to land the aircraft, investigators say.

Data recorders on the plane caught the sound of heavy nasal snoring and breathing, the Hindustan Times newspaper said.

Investigators say flight commander Zlatko Glusica's reactions were slow while bringing the aircraft in for a landing at Mangalore airport.

The Air India Express flight from Dubai overshot a hilltop runway, crashed and plunged over a cliff. Eight people survived.

THE ASSOCIATED PRESS

Cockpit peril

 Studies show exhaustion can impair a pilot's judgment in much the same way alcohol does.



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Plenty of folks don't want their junk touched

New viral sensation captures frustration of crew, passengers over enhanced security at U.S. airports

The refusal of an American air traveller to go through a body scanner has given rise to an Internet sensation, and has the U.S. government defending the controversial machines.

John Tyner blogged about his refusal to undergo a full-body scan or patdown at San Diego International Airport. When he was singled out for a body scan, Tyner refused, as he was entitled to do provided he instead submitted to a body patdown by an agent.

The security agent explained to Tyner that he would have to touch his groin area.

"We can do that out



here, but if you touch my junk I'm going to have you arrested," Tyner is heard saying on the recording.

Tyner offered to go through a metal detector, but eventually was escorted back to the ticketing area, where he got a refund. He documented his experience on the Internet, where video of his airport encounter has been viewed hundreds of thousands of times, and he has done a series of media interviews.

Tyner's refusal has led to online sales of T-shirts, bumper stickers, hats and underwear with the words, "Don't Touch My Junk!"

Annoyance at U.S. security hassles has been on the rise among airline crews and passengers for years, but the widespread use of full-body image detectors this year and the simultaneous introduction of more intrusive pat-downs seems to have ramped up the frustration. THE ASSOCIATED PRESS



Pointing out trouble in Guinea

A state of emergency has been declared over the country two days after it was announced that RPG candidate Alpha Conde had won Guinea's tense presidential election. Conde received 53.5 per cent of the 2.89 million ballots cast. His opponent, Cellou Dalein Diallo, got 47.5 per cent of the votes.

Just say no to scanning: Group

An online group is calling on airline passengers to opt out of "enhanced" scanning and force security staff to use new pat-down procedures. Torstar News Service



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REPLACE LEADERS:

Ignatieff least popular among Liberal supporters, new poll shows

Canadians would like to see fresh leaders at the helm of both the federal Conservative and Liberal parties, a new poll suggests.

Half of respondents to The Canadian Press Harris-Decima survey said the Conservatives need to replace Prime Stephen Harper. Minister

And 64 per cent said the Liberals need to replace Michael Ignatieff.

Harper at least enjoyed solid support among those who identified themselves as Conservatives.

Seventy-four per cent said they don't want a new leader.

That represents the strongest endorsement of any federal party leader from his or her own sup-

Ignatieff, by contrast, was the least loved by his own, with 59 per cent of Liberals saying he should

Harris-Decima chairman Allan Gregg said the survey results help explain why the Tories and Liberals remain persistently mired in a dead heat, both well short of the support levels needed to win a majority.

"It really does underline both the reason that we've seen so little change in voter choice ... but also why Harper can't break out of his (minority) position and why Ignatieff can't obviously take advantage of the opportunity," Gregg said in an interview.

A plurality of respondents supported the continued leadership of the NDP's Jack Layton (49 to 36 per cent) and the Green party's Elizabeth May (44 to 24 per cent).

Quebec, Duceppe's continued leadership of the Bloc was endorsed by 52 per cent, with 37 per cent wanting a new leader. THE CANADIAN PRESS







SURVEY



Grit, Tory support unlikely to change: Gregg

Gregg said support for the two main parties has been essentially stalled for six years and that likely won't change as long as people remain unimpressed by the leaders.

"What it says is that we're likely to see the pattern that we've seen for the past six years, which is kind of a hung Parliament based on two political parties that have ... in the case of the Conservatives, a very, very hard ceiling in the amount of support they can get and, in the instance of the Liberals, ... no enthusiasm for the alternative. "It's a classic case of the evil of two lessers," he chuckled. TORSTAR NEWS SERVICE





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News worth sharing

Housing market collapse?

U.S. economist says home prices in Canada should ring alarm bells

One of the first economists to accurately predict America's housing meltdown is warning Canadians they could face something similar if steps are not taken to restrain the sector.

Dean Baker of the Washington-based Centre for Economic and Policy Research says he sees no reason why average home prices in Canada should be about 50 per cent higher than in the United States.

Noting that average incomes in Canada are lower than those in the U.S. and land values are not appreciably higher, the fundamentals don't justify the price premium, Baker said.

"It looks to me like you have some real problems, he said. "There's a lot of things that look ominous. Debt to income ratios in Canada are close to what they were in the U.S. at the peak of the bubble, so there could be some pretty serious fallout."

Canada could see house prices collapse by 25 to 30 per cent if interest rates rise by about two percentage

The bailout

- Dean Baker opposed the U.S. government bailout of Wall Street banks on the basis that the only people who stood to lose from their collapse were their shareholders and wellpaid CEOs.
- He has ridiculed the U.S. elite for favouring it, asking, "How do you make a D.C. intellectual look less articulate than Sarah Palin being interviewed by Katie Couric? That's easy. You ask them how failure to pass the bailout will give us a Great Depression."

points, he said.

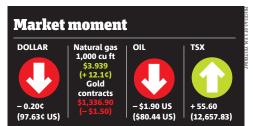
Baker was recently given the Revere Award along with two others for being the first to sound the alarm on the U.S. housing bubble, five years before it burst.

Canada's hot housing market has been one of the strongest sectors to come out of recession in terms of both volume and prices. THE CANADIAN PRESS



The girl, and the car

Americans are migrating to smaller things in other areas of their lives, like housing, and will gradually adopt smaller cars, experts say. Downsizing may even be essential as stricter fuel economy rules take effect in 2016.



Papers stolen from Carnev

The Bank of Canada is reviewing its security procedures after sensitive documents were stolen from governor Mark Carney's car earlier this month.

It is still not known whether all the documents stolen from the Bank of Canada governor have been recovered, a government official says.

Finance Minister Jim Fla-

herty told reporters yesterday that police had recovered all the documents stolen in the Nov. 1 theft in Montreal, but his spokesman, Chisholm Pothier, said the minister had been given wrong information. THE CANADIAN PRESS

Outta sight

BoC governor Mark Carney was in a meeting when the bag was stolen. An official bank driver was meant to be watching over the vehicle but Bank spokesman Jeremy Harrison couldn't say where the driver was at the time of the theft.



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CAN'T WE JUST SKIP THE WHOLE CHARADE?

He says ... JOHN MAZEROLLE

If I were king for a day, I would abolish the monarchy.

've used that joke for years and I still don't understand why we pay so much attention to a group of inbred photo posers who have all the power of a 20-watt light bulb.

The latest news to have monarchists in a tizzy is, of course, the engagement of Prince "Two sniper shots from the crown" William and Kate. All I really know about them is that she's pretty, while he's the one that started handsome and got British looking, as opposed to his brother, who started British looking and got handsome.

I know monarchists like to rant about the institution's

historic importance, but here's a quote from their postengagement interview, which got more media coverage than the moon landing: "When I was

trying to impress Kate, I was trying to cook these amazing fancy dinners and what would happen was I would burn something ... so I was quite glad she was

there at the time.'
That knocking
sound you hear is
me banging my
head off the table
repeatedly.

Canadians love to mock Americans for their allegiance to God, but here we are under the monarchy, essentially our spiritual leader — specifically, an awkward

family led by an old woman from another country who speaks to God on our behalf.

If I were religious, I would wonder why everybody else gets to

"If I were

religious, I would

wonder why

everybody else

gets to speak with

The Boss while I

keep getting

forwarded to the

regional office."

speak with The Boss while I keep getting forwarded to the regional office

I trust that very few people accept the crown on a religious level, but then the question becomes: Why do we need a monarchy at all?

The monarchy exists so we can: 1.

Pretend they're not real people; and 2. Act shocked when they act like real people. If they do something normal, like grieve at a funeral, we laud them for being just like us. If they do something normal like get a divorce, we rip them for being just like us. Can't we just skip the whole charade? Even on its most frivolous lev-

Even on its most frivolous level, the monarchy is redundant. It was annoying to me in the '90s because it was clearly the Everest of pop culture, famous "because it's there"

But today, who isn't famous for being famous? What reality show contestant doesn't think they speak for the masses? What celebrity doesn't believe they have the wisdom of a god?

And if everyone can be king or queen, why do we need one?

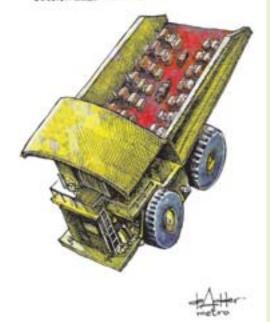
Common sense is dead. Long live the king.



Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

THE CONSERVATIVE CONTROLLED SENATE:



MICHAEL DE ADDER

More gloom predicted

Worth mentioning

A new report says India could be 2 C warmer than 1970s levels within 20 years — a change that would disrupt rain cycles and wreak havoc on the country's agriculture and freshwater supplies, experts said yesterday.

experts said yesterday.
More flooding, more drought and a spreading of malaria would occur, as the disease migrates northward into Kashmir and the Himalayas, according to the report by 220 Indian scientists and 120 research institutions.

The temperature rise, which could be even more extreme along the coasts, would cause drastic changes in India's rain cy-



cles that threaten water supplies and agriculture — the key source of livelihood for most of India's 1.2 billion people.

The report comes out just weeks before the Nov. 29 start of the UN climate summit in Cancun, Mexico, where nations will try again to reach a global agreement to limit greenhouse gas emissions

thought to contribute to global warming. India's many ecosystems and proximity to the equator make it particularly sensitive to climate change, experts say. The fact most of the country relies on freshwater sources, rather than desalinating sea water, amplifies the threat of global warming on society. The ASSOCIATED PRESS

Who do you think is the sexiest man alive? Why?
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Metro Minute at Herzberg lecture

Dr. Anthony Phillips, founding director of the University of British Columbia's Institute of Mental Health, will deliver the 2010 Gerhard Herzberg Lecture at Carleton tonight.

His lecture, entitled The Dynamic Brain: Adaptation, Changing Environments And Life Circumstances, will describe newly discovered processes that enable the brain to change itself and how these adaptations have both beneficial and adverse consequences on health and disease.

The lecture is free and runs from 7:30 to 8:30 p.m. at the Bell Theatre in the 2000 Minto Centre and will be followed by a reception of TRACEY TONG





scene



Ryan Reynolds is the first Canadian to snag People magazine's sexiest man alive title. The Vancouver-born hunk, known for his clean-cut good looks and chiselled abs, earns the honour as the annual list marks its 25th anniversary. The celebrity magazine offered a sneak peak at its upcoming cover – due Friday which features a rumpled Reynolds sitting on the floor in a T-shirt and leaning against a bed. THE CANADIAN PRESS





Putting all our money on banks

◆ How versatile actress Elizabeth Banks can do comedy and drama at once ◆ What she learned in prison for her role in The Next Three Days



HEIDI PATALANO @METRONEWS CA

As an actress, Elizabeth Banks is impossible to put in a box. In one fall movie season, she was alternately in a comedy about a homemade porno at the same time that she appeared in W as former first lady Laura Bush. Even now, while currently starring as Jack Donaghy's love interest in NBC's comedy 30 Rock,

she's appearing in Theatres as a suicidal heroine in the suspense film The Next Three Days, alongside Russell Crowe.

"I feel like I was getting a little bit caught up in being the girl in a bunch of boy's funny movies and it just becomes less interesting the more and more you do that," the actress explains while munching on some M&M's in New York's Waldorf Astoria Hotel. "To be presented with

"I feel like I was getting a little bit caught up in being the girl in a bunch of boy's funny movies..."

ELIZABETH BANKS, ACTRESS

something that was going to challenge a whole other set of tools that I have as an actor and also to be able to play with Russell and [director] Paul Haggis, who are just at the top of their game, it was such a nobrainer."

In the The Next Three Days, her character, Lara Brennan, is accused of a murder that she claims she didn't commit. When her mental health begins to deteriorate behind bars as it becomes clear that she cannot escape her fate, husband John (Crowe) plans to go to any lengths to save her.

Behind bars

Banks interviewed some inmates to learn the details of their day-to-day lives for her role.

- Prison She plays the role of a woman on edge behind bars
- Inmates drained their prison toilets and used the pipes as a phone system. "Whoever is on your pipe system, you can start talking to at night," Banks said.

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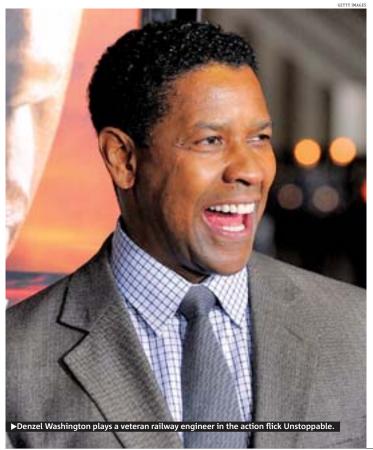
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Charismatic Denzel

• His latest film looks at the struggles of the working class in the U.S. • Actor's goal was to be on Broadway



At age 55, Denzel Washington plays a veteran railway engineer chasing after a runaway train in the highoctane action flick Unstoppable, loosely based on a real-life incident.

Metro met the charismatic yet modest two-time Academy Award-winning actor in Paris, where he has been promoting his latest

Unstoppable is your fifth movie with [director] Tony Scott. What's the secret of your collaboration?

I love him! We had a lot of success together and we get along pretty well. We are good friends.

He's a good director and I trust him. And, he keeps calling me!

You had a humble upbringing in New York. Your latest film. about railway workers stuck in a crisis, sounds like a tribute to the American working class?

This is not the reason why I accepted the part in the movie, but it quickly became a tribute to the people we met where we filmed, in Ohio, in the west of Pennsylvania and Virginia.

Some of these regions are deprived, with a high unemployment rate and where people who have a job are working very hard to keep it. Unstoppable is not only about a train running out of control. It's also about problems the U.S. is living in right now.

You were the second African American man (after Sidney Poitier in 1958) to win the Oscar for Best Actor. Was he a big influence on you?

Not really as when I start-

ed acting, Sidney was already shooting comedies. He wasn't playing in many dramas at that stage. And the only black star at the time was Richard Pryor, who was

more like a comic. Therefore, I had no references. I took theatre classes; people thought I was quite good and I liked it. I was dreaming of a career on Broadway, not on the big screen.

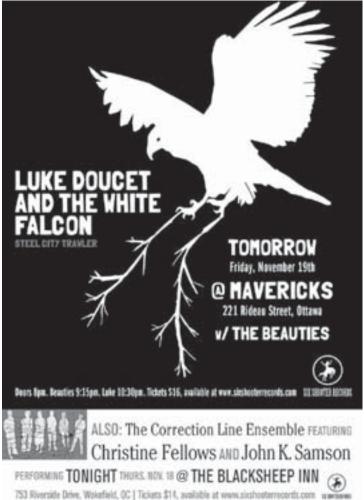
Hollywood wasn't such an appeal. I was more attracted by independent movies. I loved Taxi Driver, for instance.

Do you share the same values as your film's character?

Not necessarily. Look, my character Frank Lucas in American Gangster is a murderer and a drug dealer, and I don't share a thing with this guy!

It's the same thing with Alonzo Harris in Training Day.





A fashion icon in the making?



Ugg boots, Jigsaw dresses and bootleg jeans.

From the looks of her conservative, unfussy personal style up to date, Kate Middleton, henceforth known as the future queen of England, doesn't seem to have the chops to make her a fashion legend

Princess Diana didn't

become the powerful fashion force we like to re-member her as until much later in her marriage to Prince Charles.

Now that a ring connects the two women comparisons will be plentiful. Will Kate be a quick

study, and transition into the big leagues of impec-cably turned out ladies, joining Michelle Obama and Carla Bruni as modern-day international icons? We measure her

Ups and downs

Kate Middleton Ugg boots, a seashell



Kate Middleton The girl likes boots. But thankfully, she replaced

the Uggs with a more

equestrian-inspired look.

necklace and blazer do not a fashion-plate make.



Princess Diana

In a sign of better dressed days to come. Lady Diana paired a flouncy blouse with her statement coat.



Princess Diana

Only Lady Diana could look like the young, ethereal ingénue in a frumpy sweater vest and skirt. The outfit is terribly dowdy.





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Rihanna delivers on her promise

Rihanna Album: Loud Label: Def Jam ---

Last year Rihanna addressed her very public case of domestic abuse by playing the empowered one on Rated R, at times reaching too far into darkness with an album that was too severe for the type of artist she's become.

Loud comes less than a year after Rated R, promising it would be Rihanna "just being normal, sassy, fun, flirty and energetic." If we're to hold her to those words then she's delivered on that promise. With "SAndM," she boldly asserts her sexuality over a



club banger, and keeps it coming over mutual foreplay with former flame Drake. What's impressive is

how RiRi upstages her guests, giving regular show-stealer Nicki Minai some competition on the air siren assisted Raining Men, and leaving Eminem all but one verse on the epic sequel to Love The Way You Lie. Considering the quick turnaround, Loud is understandably uneven in spots: boozing anthem Cheers (Drink to That) rashly uses an Avril Lavigne sample, and power ballad California King Bed has no place in her repertoire.

Still. Loud is the rare occasion a rebound actually works, with Rihanna reinventing herself as the confident diva she once was with an album that's unmistakably her best yet. Outstanding track: What's My Name ocam LINDSAY

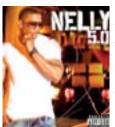
latest, Care, a touching duet with Martina McBride, is almost as infectious has his famous duo with Cheryl Crow, while other tracks channel a more subdued southern folkie than a rap rocker. Outstanding track: Care o bryan borzykowski



Bruce Springsteen Album: The Promise Label: Columbia/Sony

Springsteen cleans up and packages 21 tracks from his lost sessions" during the three years (1975-78) between the release of his blockbuster hit Born to Run and the critical favourite Darkness on the

Edge of Town. These are bold songs written at the artist's peak, reflecting his love for early American pop-rock, and glorifying the recklessness of young love.. This two-disc collection is uneven, but nonetheless, a must for Springsteen fans, Outstanding track: Because the Night OGRAHAM ROCKINGHAM



Nellv **Album:** 5.0 Label: XX

If you've forgot about Nelly's greatness, he's here to remind that he's number one. Whether he deserves that title is not clear, but he repeats it enough times on his new record's opening track that it's he

believes it at least. His latest isn't his nearly best work — the epic beats get tiring after a while — but there's enough catchy material to remain a stable in club districts around the country. Liv Tonight is probably the most bar-friendly of the bunch.

Outstanding track: Long Gone • BRYAN BORZYKOWSKI



Kid Rock

Album: Born Free Label: Atlantic/Warner

Rock n roll's bad boy is at his best when he turns down the amps and picks up his acoustic. Fortunately, he does just that on his



Josh Groban **Album:** Illuminations Label: Warner

The shy guy with the magical voice cuts ties with David Foster, moves from California to New York, joins forces with rock pro-ducer Rick Rubin and becomes a singersongwriter. Judging by the strongest of his new songs

— Bells of New York City Josh likes the new surroundings. This CD would have been better if it had stuck to the original plan, presenting Groban as a folky balladeer. It works on tracks like Higher Window. Outstanding track: If I Walk Away

GRAHAM ROCKINGHAM

• A ring connects them, but what about their sense of style? • A look at how Kate Middleton stacks up against Princess Diana, and to the legacy Lady Di built.

Kate Middleton Her best looking pair of boots yet! Kate stepped it up a notch with a fur hat and a sleekly tailored

Kate Middleton A jaunty little hat and dress-coat that looks like it's made out of curtains.



Princess Diana

As her wedding day drew near, Lady Diana dropped the sweaters but kept the deep V and ruffles.



Kate Middleton

This see-through Project Runway reject dress helped Kate land Prince William, but makes the rest of us cringe.



Kate Middleton Princess Diana Kate already has a more so- As a princess, Diana

As a princess, Diana was known for drop dead gorgeous. But as a single lady, she stuck with safe and personality-less sweaters.



phisticated look than Ladv

. Di did during the same

stage in her courtship.



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Get to know The Boss

○ Springsteen releases CD and DVD **○** The Promise looks at era between right after Born to Run released



TC.

SINCE 1977

Within the first few minutes of The Promise: The Making of Darkness on the Edge of Town, the viewer gets a strong sense of why Bruce Springsteen was nicknamed The Boss.

Springsteen sulks in a recording studio chair, listening to a playback of a song from his fourth album as the producer, sound engineer and members of the E Street Band try to figure out why he's unhappy with the take. The band, he says, is not playing on the beat, and he huffs at the engineer to play the tape to demonstrate his point.

E Street drummer Max Weinberg says although there are tense times depicted on this new DVD, this candid moment is only a part of a bigger picture that included many ups and downs within the long days in the studio.

"We would go 12-hour days, five days a week. And you just pushed and pushed, and what that did was just taught you how to dig down deep to get that stuff out," says Weinberg. "We'd show up at like three or four in the afternoon and go all night and sleep all day, and then you go back and do it again. Bruce would do the whole session and then he'd go back and write more songs. So I don't know when he slept, but his energy was just impressive and infectious."

The new DVD is part of a deluxe package from Springsteen, which came out Tuesday. Also included is a two-CD set with 21 unreleased songs.

For Springsteen, 1975

was a year where life imitated the most triumphant aspects of his art; when he released his third album, Born to Run.

But in 1976, he became embroiled in a lawsuit with Mike Appel, the manager and producer with whom he split at the end of making Born to Run. The court order stipulated that Springsteen could not record any music with a producer not pre-approved by Appel.

After the parties settled out of court 12 months later, Springsteen was in a headspace far removed from the naïve exuberance of his first three albums. He was in midst of contemplating the meaning of his commercial success.

In The Promise, Springsteen sums it up succinctly. "There were two clouds that hung over the writing and recording."



Once the clouds of the lawsuit settled, Springsteen began a creative period that yielded too many songs to fit on his follow-up album.

"Ultimately Bruce picked the songs that became the Darkness on the Edge of Town album," says Weinberg. "But the songs that didn't make it are incredible in anybody's book...You could take any group of them and make up an album out of them."

Which is exactly what they did.

Tony's divorce filing shocks Eva to action

Desperate Housewives star was 'blindsided' by reports that her NBA husband was filing for divorce Text messages may have lead to breakup of Hollywood power couple



UNTANGLE LIFE'S
CHALLENGES

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CHALLENGES

THE SERVICE STORES CONTINUED TO SHE WAS SHELLED TO SHE WITH THE SHELL THE SHEL Eva Longoria was reportedly totally and completely blindsided" by reports this week that husband Tony Parker was filing for divorce. After first denying the story, the Desperate House-

wives star is reportedly hurrying to file for divorce herself. according Weekly.

Sources say Longoria recently discovered Parker had been exchanging hundreds of text messages a month with a female friend and confronted him about them.

"Eva is heartbroken by the betrayal," a source says. "Once the trust was lost, the marriage was

BAG talks about past breakup

Brian Austin Green and Megan Fox are happily married now, but he's finally opening up about their brief split in 2009 and Green says it was his idea once she became famous.

"The reality is, she was

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► Brian Austin went through an enormous change in her life," he tells

Holly-

wood. "I didn't want her to feel like she was stuck because she said she wanted to be in a relationship to begin with and we just nev-

Access

er really went in different directions. We'd say, 'Oh, let's kind of take a break and see what's going on.' It always came back together." • metro

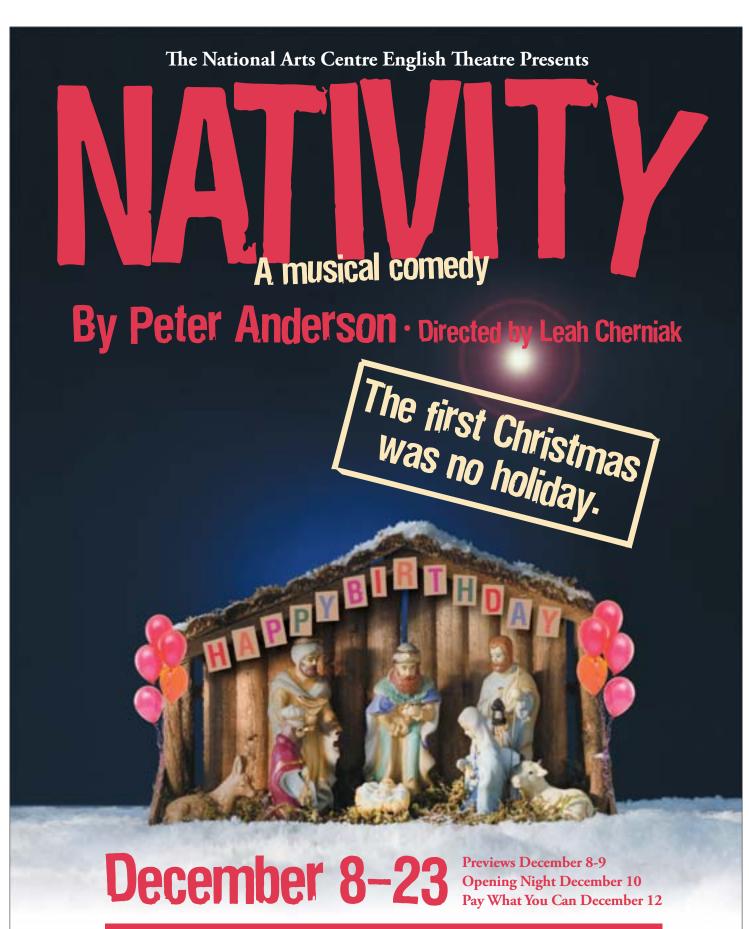
Pink says she is pregnant

Pink went on Ellen De-Generes' talk show to confirm that she and husband Cary Hart are in fact expecting.
"I didn't want to talk

about it because I was just really nervous and I have had a miscarriage before," Pink says. "I worked for it.

It was not an, 'Oops!'" The singer also says she thinks she's having a baby girl, which she says is fitting. "My mom has always wished me a daughter just like me," she says with a laugh. "I'm terrified one of us will go to jail." METRO





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How to put your stamp camel coat

• Just because it's the most inescapable item of the season, doesn't mean you can't make it your own. • Take a cue from this real-life look, by working in unexpected details like bold prints and sheer fabrics.



Style in brief

From the collieries to the royal court, the flat cap has been a favourite

for generations. Also known as the six pence or scally cap, it's less extravagant and easier to wear than brimmed styles.

It's also inconspicuous and lightweights, making New York Hat Company's style the perfect gift for the modestly fashion-conscious man in your life. It costs \$49 at mywardrobe.com.







METRO WORLD NEWS

You were psyched when first bought your camel coat. Then you started seeing it on one woman after another (and another and another) on the street. You'd choose not to wear but you've already spent money on the thing.



1 ZARA CROMBIE COAT

\$229, zara.com

2 UNIQLO CASHMERE V-NECK SWEATER

\$80, uniqlo.com

The woman pictured here did this through fresh details: polka dots peeking out from under a basic black sweater and a sheer skirt that contrasts the coat's heavy wool. For a final touch, she added some snazzy eyeliner.

Now what do you do?

For one, embrace the chal-

lenge to flex the part of

your personal style that

makes you an individual.





3 DARLING LACE SKIRT

\$94, asos.com

4 CHURCH'S ANKLE BOOTS

\$570, netaporter.com

MORE WAYS TO PERSON-ALIZE YOUR CAMEL **COAT**

The beauty of the coat? It looks great with anything. The downside? It can read boring. So, punch it up!



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Swap out the coat's original buttons for something that reveals a little bit more personality such as a vintage-looking style with a metal crest or an oversized resin flower



EXPERIMENT WITH ADD-ONS

Have fun with add-ons by tying an embellished belt or velvet sash around the waistline. It will make your coat look more unique and help trap in heat on chilly davs.

CHANGE THE LINING

Pick out a boldly printed fabric. Take it to your near-est tailor (your neighbourhood dry cleaner should have one) and have the old lining replaced. Show it off by rolling up your coat sleeves or wearing your coat casually unbuttoned.



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Getting that winter glow

Clinton Hardesty, education director at Elemis, demonstrates how to keep your complexion radiant when harsh weather conditions and indoor heating dry it out.

Invest in a good night cream (no, the day cream won't work).

"Your skin goes through a reparative restorative phase at night and that's triggered by sleep, so finding a night cream that is especially oriented to the processes of your skin is very helpful during the winter," advises Hardesty. "They're designed to work synergistically with what your skin is going through during slumber," he adds. Trv: Elemis Pro-Collagen Oxygenating

Bliss Peeling Groovy Serum, \$65 blissworld.com

timetospa.com

Go easy on the exfolia-

"Move away from granulated exfoliants in the winter and use more enzyme based exfoliants, which are gentler," he says.

Try: Bliss Peeling Groovy Serum, \$65 blissworld.com

Eye cream = youth

Hardesty says eye cream is key. "In the winter, you don't have oil production in the curves around your eye area, so it's much more susceptible to drying out," he says. The skin around your eyes is also a lot more prone to aging. Try: Olay Total Effects Eye Cream, \$12 www.olay.com

Problem Solved

FAKE YOUR TAN

TALIA SHOBROOK MAKEUP ARTIST



? I'm starting to look pale, but I don't want to go to a

lon. I'm also wary of the bottle tans. Are there any other ways to fake a healthy, sunny glow? Cressida

"Use a daily tanner that will build up colour slowly and subtly such as St. Tropez Gradual Tan Everyday," says Talia Shobrook, who has created beauty looks for celebs including Taylor Momsen and Kate Bosworth.

"Don't overuse the bronzer. Use it like a blush to sculpt the face." she says.

St. Tropez, \$30 sttropeztan.com

Men's winter moisturizer

These winter products don't just add moisture, they are tailored to meet specific needs of manly skin

OK, we all know that moisturizer calms dry skin and it should be used on a daily basis, especially during the dry months of the winter

But the new wave of men's offerings do so much more.

Most notably, they ease the stress of constant shaving, which actually strips

the skin of several layers. From razor burn to overall soreness, these day creams help smooth out winter's facial tricky spots. RICHARD PECKETT







2 LAB SERIES INSTANT **MOISTURE GEL**



MOISTURE BOOST \$65 timetospa.com

complexion evened out the lashline and gradually THE KIT with foundation and/or fading out to the crease.

The winter i

Top makeup artist Claudine Baltazar shows you how to make the most of

Start Fresh: Start with a

concealer. Prep your eye lids with a cream shadow base that either matches your skin or is colourless.

Get blue: Use a brush to pat blue shadow onto lid. keeping the intensity at

Add depth: Sweep a neutral medium shadow into crease.

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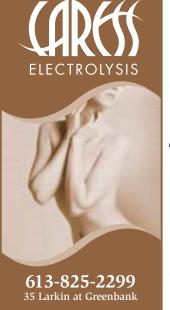
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My biggest mistake was taking forever to finally schedule an appointment. I used to bleach, tweeze and put heavy makeup to cover unwanted facial hair. People at Caress are very professional, knowledgeable and go out of their way to make sure you are comfortable during treatments. The office has advanced equipment which makes the process very comfortable, even for sensitive skin. I would recommend Caress to anybody who is looking for permanent hair removal! Irene

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A very Debbie season

Debbie Travis talks festive decor trends, and shares the holiday collection she designed for Canadian Tire

DECOR MOMENT



KARL LOHNES HOME@METRO NEWS.CA Travis is a

time

winning television host (her current television series; All For One airs on CBC), author of nine bestselling books and designs a line of signature home goods sold exclusively at Canadian Tire.

This year Debbie designed the entire Christcollection for Canadian Tire Stores; it's a collection of tree ornaments, wreaths and holiday decor that is on-trend

for the holidays and priced

for every budget.
I had a chance to ask her a few questions regarding holiday trends and the collection for this year.

What's the most exciting holiday decor trend this year?

I think it has to be holiday fun; it's definitely included in the various collections I've designed. Themes include Masquerade Candy Cane and Winter Forest (there are six themes to the collection).

You'll see lots of nostalgia (think 1950s), stripes, polka dots, glitter and shine.

There will also be a sense of homemade to some of the collections; a trend that we will see sticking around for a few years.



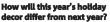
How do you decorate in your own home?

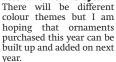
I am usually in Montreal during the holidays and decorate two very different trees.

I have what I call a "memory tree" in the living room that highlights family memories through ornaments collected over the years.

My boys would absolutely kill me if they didn't see those familiar ornaments each year!

I then put up a hip, trendy tree in the dining room; it's a way to stay current with trends and have fun when entertaining.





Collecting memorable ornaments that create memories from year to year is what it is all about.

What is your favourite holiday ornament from your hol-iday collection?

I love the Girlie Shoe collection; they make fantastic ornaments but are also great gift toppers and napkin rings. They're very Sex and the City and add much whimsy and fun to holiday celebrations.



SUBMITTED







Party Started right

Holiday season is about to be full-throttleThe products you need to host a killer bash



Let them eat off a cake stand

Who needs waiters when you've got these passing out the noshes? Rosanna Decor Bon Bon pedestal, \$30 for the small, \$45 for the medium and \$55 for the large, rosannainc.com



Clink clink

\$7 wine? Who cares when you're serving it in fancy stems. John Rocha Folio 1 wine glasses, \$125 for a pair, waterford.com



The perfect setup

With the right place mats, no one will notice the scrapes on your beat-up Ikea table. Chilewich Dahlia place mats in gunmetal, \$8 each, conranusa.com



Yes, those naps are made of paper, but they'll never suspect that from a host who puts out cloth napkins. Simrin block print napkins, \$44, velocity artanddesign.com

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\$464,150

\$610,900



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213 Ziegler Street \$576,463 Model: The Gray Rocks 2,594 Sq. Ft. 4 Bedrooms 2.5 Bathrooms Closing Date: Immediate





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High-style silliness

It started with figs on a plate stashed under a poolside table.

The caption under the photo in the home design catalogue urged readers to "enjoy the comfort and ease of indoor entertain-ing with outdoor sectionpillows accessories.

But Molly Erdman saw something else — a chance to poke fun at something, well ... kinda ridiculous.

The actor/comedian sat down at her computer last June and wrote her own caption.

"Sweetheart," it said, "the Turners will be here any minute now! Did you put the plate of figs under the table?"

And with that her blog Catalog Living was born.

Erdman didn't necessarily set out to create a daily parody of the sometimes serious, overly put-together nature of photos from

high-end home accessory

catalogues. though, after she wrote the "fig" caption, she showed it to her boyfriend. He laughed.

Then she wrote more

captions and her comedian friends thought those were funny, too.

She realized she was on to something — and as her blog entries multiplied, they started getting attention from Facebook fans and people in the design field.

"I've gotten a lot of emails from catalogue photographers and art di-rectors," she says.

"They say, 'We always think what we do is ridicu-

lous.'

"No one seems to take responsibility for lining up 30 apples on a table." THE ASSOCIATED PRESS



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VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is initially 12 weeks with possible continuation of up to 24 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-65 years of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed		
I am having difficulty sleeping		
I am feeling low in energy and slowed down		
My appetite has changed		
I am experiencing feelings of guilt		
I have lost interest in work and pleasurable activities		
I feel hopeless about the future		
I feel tense and anxious		
I am having difficulty making decisions		
I am having trouble concentrating		



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(613) 737-5454 ext. 225

All information is kept in strictest confidence. Research programs are reviewed by an ethics review board.

03-18-10





Make their eyes bright

Metro's toy suggestions are sure to bring a smile Christmas morning {page 33}

Colour her world

Beauty product and fragrance suggestions for the special lady on your list {page 35}

38 days until

Dec. 25
Catch our next







• If the mall is 'beginning to look a lot like Christmas' and you're hearing Jingle Bells on the radio, you know 'the most wonderful time of the year' is just around the corner...

'Twas the month before Christmas

This year, make the most of November by planning ahead. Here are a few things you can do this month to save yourself some stress so you can enjoy the season:

Clean up and declutter. If you're expecting a smorgasbord of visitors over the holidays, November is a good time to rid your house of dust mites and clear your living room of the last year's worth of clutter. Don't forget to use disinfectant on doorknobs and countertops—cold and flu season is on its way.

Try out new recipes. Now is the time to perfect a recipe you've

always wanted to try so you'll have something to "wow" party guests at the Christmas potluck.

Write your greeting cards. Sending a card in the mail to a long-distance friend is a thoughtful gesture that shows you care. It may seem too early now, but it will pay off when

you're too busy to do them later.

Determine who you need to buy gifts for. Make a list for all the family members and friends you need to shop for. Don't forget people you would like to appreciate such as the main caregiver who looks after your loved one at a

seniors' home, your children's teachers, and their bus driver.

5 Hit the mall or shop virtually. Take advantage of the smaller crowds this month or better yet, avoid them by shopping from the comfort of your home. Keep an eye out for free shipping deals and spe-

cial online buys. Or check local flyers for coupons.

6 Consider alternative gifts. Find out what your friend or loved one is passionate about and make an online gift in their name to a charity that supports that passion.

NEWS CANADA





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Impress with wrapping

Make your loved ones feel special with a beautifully papered present this holiday season

One of the most special parts of the holiday season is the giving and receiving of gifts. A perfectly wrapped present not only adds to that excitement. but it shows friends and family how important they are to you. That is why trend guru Lynn Spence is encouraging all Canadians to consider wrapping their presents this holiday season, rather than using a gift

bag.
"People underestimate
the value of wrapping
"" Spence, style exgifts," says Spence, style expert and frequent guest on CityTV's CityLine. "Giving someone a wrapped gift shows them you care, and

"People underestimate the value of wrapping gifts." LYNN SPENCE

nothing can replace the exhilaration of imagining what's inside, and the joy created when the gift is un-

wrapped and discovered."
"I really believe in making it more personal, after all you took the time to choose the gift, why not spend a little time making it stand out?" adds Spence.

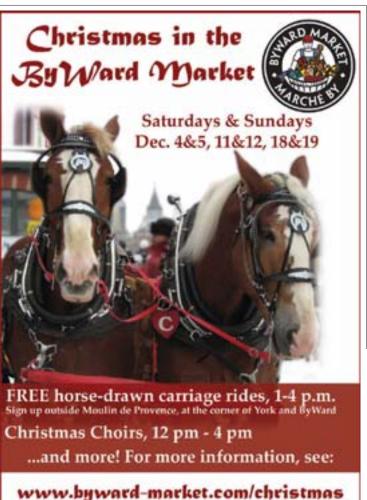
For example, use an inexpensive reproduction map to cover a gift for the seasoned traveller. Top a gift with a photograph as a way to share a favourite memory or to provide a hint of the gift inside.

"Don't be afraid to use your imagination and be creative," suggests Spence.

Remember, you don't have to wrap gifts alone. Invite your friends over for a night of cocktails, appetizers and fun and wrap your gifts together.

NEWS CANADA





Wrap it up in style

CityTV's CityLine style expert Lynn Spence relies on the latest style trends to draw her inspiration for creating the perfectly

wrapped gift.

"This season's foremost trend is an uncompromised return to the classics," says Spence.

"Expect to see choices ranging from nostalgic papers, eco-friendly pa-pers and menswear inspired wrappings in matte shades of grey, camel and navy."

See below for some of her ideas on how to make your presents chic this holiday season.

Mix it Up

Move away from the traditional wrapping paper by incorporating new textures such as rice, foil and matte papers into your wrapping repertoire this year.

Mixed colours and patterns are also a great way to add visual interest to your presents.

Experiment with a pliable, fabulous oversized printed wallpaper tied with a paisley ribbon for a fun, unexpected look.

Add luxury to your packages with glamorous materials such as metallic papers that will make anyone feel spoiled.

Fashion inspired animal print or sophisticated available cated quilted paper will look luxurious under the

Add a satin, taffeta or velvet ribbon or pearls and crystals to add holiday luxe to your gifts.

Au Natural

For a more organic eco NEWS CANADA

"This season's foremost trend is an uncompromised return to the classics.'

look, use recycled papers or materials such as linen, Kraft paper, fabric remnants, burlap or a fabulous vintage scarf to wrap gifts.

LYNN SPENCE

The joy of giving is always in style but before you start wrapping gifts, Lynn offers one final piece of

"Make sure to use a quality tape to ensure your packages stay sealed and look great. You can be sure that no one is peeking into that gorgeous gift before the special day arrives.'



Dear Santa, I've been good

• These toys are sure to be a hit Christmas morning



Rubik's 30 Anniversary Wood Edition Cube, \$24.99, features the same 21 pieces and 43 quintillion combinations we have all come to love (or hate), but just like the plastic, 3X3 Cube, it has only one solution. Available at speciality toy retailers.



Barbie a Fashion Fairytale Horse & Carriage, \$47.99, is for the girl who likes to ride in style. With loads of luxurious details inside, this modern carriage also has a convertible top that folds down. Available at major toy retailers.



Color Blanks, \$5.99-\$10.99, allow your child to engage in creative fun by designing their own plastic characters using stickers, mini markers and more. Available at Walmart and Toys R Us.



Boys will have a howling good time once they unwrap Matchbox Wolf Mountain, \$44.99. Seek the hidden "treasure" on Wolf Mountain, but beware the giant boulder rolling down the mountain and aiming to knock you off course. Available at major toy retailers.



What did you get this holiday season?



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Create holiday traditions

◆ Do things your family will remember for years to come ◆ These suggestions get you started

kids for a

special party

during Decem-

ber. Each child could

sign their name in "Santa's Big Book" and write

The holidays are the perfect time to take a breather; yes, that's right. Take a few minutes and think about what means the most to you and your family. You probably will find that the things that are the most meaningful are the memories you've shared through the years. Often the gifts are soon forgotten, but trimming the tree with your kids' handmade decorations every year or serving a special eggnog recipe in your your grandmother's silver punch bowl will usually be the rituals that you treas-

ure.
"What is so awesome about family traditions is that they can be whatever you want them to be," says Sandy Sandler, founder of Crafters 4 Kids. "Even if your family never had a special tradition, it's fun to start off with a new tradition that you will carry forward.

"What is so awesome about family traditions is that they can be whatever you want them to be."

SANDY SANDLER, CRAFTERS 4 KIDS

Here are a few ideas for creating great holiday traditions to incorporate into your own family's holiday celebrations:

Create a written record

"Have everyone write something down before dinner that they are thankful for and read it before starting dinner," Sandler says. Giving everyone time to think about this and actually write it down makes it more meaningful and makes people feel more at ease than they would be if they had to think of things on the spur of the moment. Keep these notes and bring them out on different occasions. It's amazing to see

how everyone's lives evolve from year to year. Do it for the kids When you create holiday traditions for the youngest members of your family, vou will be instilling memories in them for years to come. favourite tradition could be started with family close friends who gather together all the neigh-bourhood

year. Then "magically" Santa can appear, take each child on his knee and read aloud what the child had written.

Take pictures

Sandler also suggests taking pictures of everyone each year at the holiday dinner and then using that picture for the following year's place setting. Family pictures always are treasured as presents, too. Create a special treat

Food can indeed create special memories. Having a "signature" dish is a great way to start your own tradition. Maybe your dad is famous for making his special peanut butter fudge every Christmas. He can bring everyone a decorative holiday tin filled with fudge to take home. Or your mom might always do her special cornbread dressing.

CREATORS.COM

down

they want

that

what

Santa

bring

A few more

Start a collection

This is one of the easiest ways to carry on traditions from one year to the next. Find a unique "collectible," and add to it each year. It can be as simple as unwrapping your kids' handmade ornaments and decorating a Charlie Brown tree or as elaborate as setting up tables and tables of snow villages complete with lights and trains. Give to others

It's perhaps one of the best ways to celebrate the holidays. Sandler suggests "spreading the love" by volunteering with members of your family at a food drive or a homeless shelter, helping others enjoy the holidays. There are plenty of ways to make someone else's holiday brighter.

speech arama

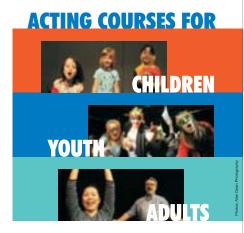
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Tips for dropping hints

There's nothing worse than opening your gifts only to be disappointed that Santa didn't get you that something special you really wanted. The truth is, the 'Santas' in your life may need a little help figuring out what will make you happiest this holiday season. Rather than blurting out that you're just dying to get your hands on that new tablet or digital camera, get creative and drop a few strategic hints to get what you want.

Make a list and drop it on the sly

List the items you want, prioritize them by preference and conveniently leave the list out for everyone to

Draw attention to an online feature or TV commercial

Point out its features and make mention of how much it would really benefit

you for work, school or play.
• Next time you're in the mall, steer your shopping partners directly to the items you want

Looking at the latest computers and alluding to how frustrated you are with how slow yours has been lately or how much of an asset that new hardware component could be at school, work or play may do the trick.

Send an email or text

Rather than being too direct, send a note to your best gift giver raving about your generous coworkers who are splurging on their significant others.

If all else fails, sending a direct link to what you want may be the best option

It's better than gritting your teeth and pretending that itchy scarf and matching socks were exactly what you were hoping for.

NEWS CANADA

MAKE PRETTY

• Holiday gifts for her: Covetable cosmetics for the lady in your life by Janine Falcon





2

NARS Bento Box, \$140 (limited edition)

Unique makeup items, such as these porcelain Kabuki cups with luxe lipstick interiors, score high on the holiday-delight meter. Holt Renfrew.



3

Deborah Lippman nail polish, \$24 each

Nail adornment has never been hotter. Deborah Lippman's glittering Boom Boom Pow and Today Was a Fairytale polishes are festively fabulous. Murale.



4

Temptu AIRbrush Makeup System, \$247.50

At-home airbrush makeup made easy — just note: "If you can see the makeup, you've sprayed too close," says Sephora makeup pro Adi Lando. Bonus? You never have to clean the unit. Sephora.



5

Clinique Click and Be Happy set, \$36

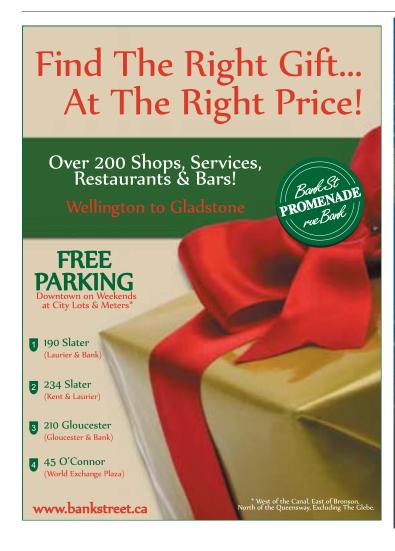
A purse-portable mixand-match scent plus gloss wand? It's a little on-the-go beauty genius. clinique.ca.



6

Quo Beauty on the Go palette, \$15

A slim compact with lipstick, shadow and blush makes for easy in-transit touch-ups. Shoppers Drug Mart.





Holiday sights & sounds











1 HEADPHONES, \$199.99

Monster Beats Solo Headphones by Dr. Dre. thesource.ca

2 3-D TV, \$3,999.99

Sharp AQUOS Quattron LE925 3-D TV. Available at most AV dealers.

<u>3</u> eBook, \$199.99

Sony 5' eBook Reader Pocket Edition. sonystyle.ca

4 Digital SLR, \$979

Canon EOS Rebel T2i Digital SLR camera. Price includes 18-55mm lens kit. Available at Future Shop, Best Buy and camera retailers.

5 iPod audio system, \$149

SC-SP100 Audio System for iPod. Compatible with both iPods and iPhones, the SC-SP100 audio system has a total output power of 20 watts. Available at Sears and The Source.





Simple sandwiches that are anything but boring



The bread is fresh at DiRienzo's, and they're not stingy with the meat

LUNCH RUSH

SHARI GOODMAN

FOOD@METRONEWS.CA



simple sandwich. İt's something you grow up with as a kid, packed in brown your

paper lunch bag. Kinda boring. But DiRienzo's sand-wiches are anything but.

They start with fresh bread with a chewy crust and they offer any cold cut you can think of. One of their more popular options is the roast beef with spicy havarti (\$4.99). Not stingy with the meat, your mouth is filled with a wellrounded bite of cheese, meat, lettuce and tomato with a hint of heat from the spiced Havarti.

The location on Meadowlands is related by marriage to the original DiRienzo's in Little Italy. However, come spring, it's branching out and changing its name to Amo Italiano Foods. They'll still be offering the same sand-wiches, but will introduce a place to sit and an olive bar.

For now, they're popular with the sandwichloving crowd seeking a quick but filling lunch.

DiRienzo Foods

- 1121 Meadowlands Dr. (at Fisher)
- 613-723-2602
- Hours: Mon Sat 8 a.m. to 7 p.m., Sun 9 a.m. to 6 p.m.
- . Rating: *** 1/2
- Price range: \$
- Quick solo lunch: Yes (take-out only)



Ingredients:

- 50 ml (1/4 cup) each balsamic vinegar and lime
- 45 ml (3 tbsp) brown sugar
- 2 large cloves garlic, minced
- 2 to 5 ml (1/2 to 1 tsp)
- hot red pepper flakes
 250 ml (1 cup) broken walnut pieces
- 45 ml (3 tbsp) vegetable or olive oil
- 500 g (1 lb) small fresh mushrooms (white or cremini)

Glazed Mushrooms Preparation:

. In a measuring cup or small bowl, mix vinegar, lime juice, sugar, garlic and hot red pepper flakes; set aside.

- Heat a large skillet or wok over medium-high heat. Add walnuts; cook and stir constantly for 2 to 3 minutes or until lightly toasted. Remove and set aside.
- In same skillet, heat oil over medium-high heat; add mushrooms and stir-fry for 3 to 4 minutes. Add walnuts to skillet and stir in vinegar mixture while stirring constantly for 2 to 3 minutes or until bubbling and mushrooms are coated. THE CANADIAN PRESS



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sports

Quoted



"When you pull your pant leg up and you can see inside your leg, it's not a very good feeling."

DION PHANEUF, ON SEEING HIS LEG INTURY FOR THE

"I've definitely gotten a lot better the last couple of days. **Getting off** the crutches was a big step. Once you start walking, it's a big difference when you've been off your legs for a couple of weeks.



Emotional day for Sens

• Team attends memorial service for daughter of assistant coach Arriving later in Carolina, club on wrong end of blowout loss



Eric Staal took care of a career milestone and, for a change, put the Carolina Hurricanes on the other side of a blowout.

Staal had three goals, in-cluding the 200th of his career, and two assists in the Hurricanes' 7-1 victory over the heavy-hearted Ottawa Senators last night.

Chad LaRose added two goals and two assists, Tim Gleason had a goal and an assist and Tuomo Ruutu also scored for the Hurricanes, who put up four goals in the first period against Brian Elliott.

Cam Ward made saves for Carolina. Reeling after consecutive lopsided



HURRICANES

SENATORS

losses to Philadelphia and at Montreal by a combined 15-3, the Hurricanes shook up the roster a few hours before the puck dropped by trading two regulars to Cal-

"We weren't happy with our last two games, we came out ready to play and they looked like a team with a lot on their mind," Staal said

And understandably so. The one-sided outcome provided a difficult conclusion to an emotionally draining day for the Senators.

The team delayed its trip to attend a memorial service earlier in the day in Ottawa for the 14-year-old daughter of assistant coach Luke Richardson, who committed suicide on Friday. The Senators didn't arrive in Raleigh until yesterday afternoon.

"We went through a lot

today," defenceman Chris Phillips said, "and couldn't get the job done.

Daniel Alfredsson scored late for the Senators, who lost their second straight. Elliott stopped just 12 shots in fewer than 17 minutes before he was pulled for Pascal Leclaire, who made nine saves but allowed three goals.

"It was pretty much the worst-case scenario," Phillips said.

'We wanted to win this game for so many reasons. A couple early mistakes and lost battles, and before we knew it, we were down 4-

One less Sutter for Flames

Before being sent to the AHL, Brett Sutter was a depth player for the Flames this season
— registering one assist in four games before getting scratched in 12 straight.

Calgary Flames GM Darryl Sutter traded his son Brett to the Carolina Hurricanes one week after he was charged with assault outside an Arizona bar.

The 23-year-old forward and defenceman Ian White were shipped to the Hurricanes yesterday in exchange for defence man Anton Babchuk and

winger Tom Kostopoulos. Brett Sutter issued a

public apology after his arrest. He is alleged to have punched a cab driver last week in a drunken altercation following the team's rookie dinner.

The move provides Calgary with a little bit of salary cap relief. Babchuk (\$1.4 million US) and

Kostopoulos earning less than White, who is on a oneyear contract that pays him \$2,999,995.

In Carolina, Sutter will be joining another family member.

Cousin Brandon Sutter an alternate captain with the Hurricanes.

THE CANADIAN PRESS

Tweeting Tiger is par for course as golfer rebuilds

Tiger Woods in on Twitter, and that's not all.

Newsweek posted an oped piece by Woods yesterday titled, How I've Redefined Victory. He is scheduled to be a guest for two segments today on ES-PN Radio's Mike & Mike in the Morning.

As he approaches the one-year anniversary of a car accident that wrecked his image, these are some of the signs that Woods is entering a rebuilding stage.

"It's a positive step for him," said Mark Steinberg, his agent at IMG. "He's making the effort to do some things different.'

Woods has had a Twitter account since June 2009 his sign name, "Tiger Woods," was secured about a year before that — but the only tweets were to announce his Twitter page, Facebook page and a redesign of his website.

Then came a tweet at 11:08 a.m. yesterday: "What's up everyone. Finally decided to try out twitter!'

Woods had just over 90,000 followers until that tweet. Within three hours, he had added over 40,000 more followers, adding them by the thousands each hour. A person confirmed that he was typ-ing the tweet himself, and Woods added this: "Yep, it's me. I think I like this twitter thing. You guys are awesome. Thanks for all the love.

"Tiger wants to do some things a little differently moving forward," Steinberg said. "He wants to be a little more connected to the fans, and this is just one new addition."

Woods is identified at the bottom of the Newsweek op-ed piece as founder of the Tiger Woods Foundation, which has helped educate more than 10-million kids.

He writes about how much his life was out of balance and his priorities were out of order a year ago, when he was caught in numerous extramarital affairs that cost him three major endorsements and eventually led to his divorce from Elin Nordegren.

THE ASSOCIATED PRESS

Next up

Tiger Woods next plays the week after U.S. Thanksgiving at his Chevron World Challenge.

Tuesday's results

Tuesday's results
Cleveland 101 Philadelphia 93
Atlanta 102 Indiana 92
Washington 109 Toronto 94
Portland 100 Memphis 99
L.A. Lakers 118 Milwaukee 107
Chicago 95 Houston 92
Denver 120 New York 118
Tonight's games
(All times Eastern)
L.A. Clinosers at Judiana 7 n.m.

L.A. Clippers at Indiana, 7 p.m. Phoenix at Orlando, 8 p.m.

Denver at Portland, 10:30 p.m.

SCORING AVERAGE Durant, OKC

Durant, OKC Ellis, GOL Bryant, LAL Wade, MIA Rose, CHI Anthony, DEN Westbrook, Ok Martin, HOU Gay, MEM Nowitzki, DAL

Gordon, LAC Gasol, LAL

Scola, HOU James, MIA

Williams, UTA Granger, IND Millsap, UTA Ginobili, SAN

Richardson, PHX

Beasley, MIN 11 92
Stoudemire, NYK 11 84
Pierce, BOS 10 73
Bargnani, TOR 11 80
Not including last night's games

RAPTORS 94, 76ERS 86

PHILADELPHIA (86) Nocioni 3-8 2-3 9, Brand 9-19 9-11 27, Hawes

Howard, ORL Beasley, MIN

EASTERN	CONFERENCE

	GP	w	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Washington	19	14	4	1	0	69	49	29	10-1-0-0	4-3-1-0	8-1-1-0	W2
d-Philadelphia	19	12	5	2	0	63	41	26	8-3-0-0	4-2-2-0	8-1-1-0	L1
d-Montreal	18	12	5	1	0	49	36	25	6-3-1-0	6-2-0-0	7-3-0-0	W4
Pittsburgh	20	10	8	2	0	61	53	22	4-5-1-0	6-3-1-0	6-3-1-0	W1
Boston	16	10	5	0	1	47	31	21	3-4-0-1	7-1-0-0	6-3-0-1	W2
NY Rangers	19	10	8	1	0	57	51	21	4-6-1-0	6-2-0-0	6-4-0-0	L1
Tampa Bay	18	9	7	2	0	52	56	20	4-2-1-0	5-5-1-0	4-5-1-0	W1
Ottawa	19	9	9	1	0	47	60	19	5-4-0-0	4-5-1-0	6-4-0-0	L2
Carolina	18	9	9	0	0	59	61	18	5-3-0-0	4-6-0-0	5-5-0-0	W1
Atlanta	19	7	9	1	2	58	69	17	3-5-0-1	4-4-1-1	3-5-0-2	L3
Buffalo	20	7	10	3	0	53	64	17	2-6-1-0	5-4-1-0	4-4-2-0	L1
Florida	16	8	8	0	0	46	41	16	5-2-0-0	3-6-0-0	5-5-0-0	W1
Toronto	17	6	8	1	2	40	51	15	4-4-1-1	2-4-0-1	2-8-0-2	W1
New Jersey	18	5	11	1	1	33	59	12	1-6-1-0	4-6-0-0	3-6-0-1	L1
NY Islanders	18	4	11	1	2	39	62	11	2-3-0-1	2-8-1-1	0-9-0-1	L11
WESTERN CO	NFE	REN	CE									
	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Los Angeles	16	12	4	0	0	50	34	24	8-0-0-0	4-4-0-0	8-2-0-0	L1
d-Detroit	15	11	3	0	1	51	37	23	7-1-0-1	4-2-0-0	7-2-1-0	W3
d-Vancouver	18	10	5	1	2	55	46	23	6-0-0-1	4-5-1-1	7-2-1-0	L2
Anaheim	20	10	8	1	1	51	59	22	7-1-0-1	3-7-1-0	6-3-1-0	L2
St. Louis	16	9	4	1	2	41	40	21	6-0-0-1	3-4-1-1	7-2-0-1	W1
San Jose	16	9	4	3	0	48	40	20	6-2-2-0	3-3-0-0	6-3-1-0	W3
Chicago	20	9	9	1	1	57	59	20	5-5-0-1	4-2-1-0	4-5-0-1	W1
Colorado	17	9	7	1	0	59	53	19	4-4-0-0	5-3-1-0	5-4-1-0	W1
Phoenix	17	7	5	4	1	47	63	19	4-2-2-1	3-3-2-0	5-3-1-1	W3
Columbus	15	9	6	0	0	41	38	18	5-5-0-0	4-1-0-0	6-4-0-0	L1
Dallas	16	9	7	0	0	48	45	18	6-3-0-0	3-4-0-0	4-6-0-0	W1
Minnesota	16	8	6	0	2	37	36	18	5-3-0-1	3-3-0-1	5-4-0-1	W1
Nashville	16	7	6	3	0	42	48	17	2-1-3-0	5-5-0-0	4-6-0-0	L1
Calgary	16	7	9	0	0	46	49	14	4-4-0-0	3-5-0-0	4-6-0-0	L2
Edmonton	16	4	9	1	2	42	66	11	2-4-0-0	2-5-1-2	2-5-1-2	L4

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results Last night's results
Carolina 7 Ottawa 1
Pittsburgh 3 Vancouver 1
Boston 3 N.Y. Rangers 2
Florida 2 Atlanta 1
Tampa Bay 4 N.Y. Islanders 2
Washington 4 Buffalo 2
St. Lauis at Potroit St. Louis at Detroit Anaheim at Minnesota San Jose at Colorado Phoenix at Calgary Chicago at Edmonton Columbus at Los Angeles

PENGUINS 3, CANUCKS 1

Second Period

First Period

1. Pittsburgh, Crosby 13 (Talbot, Orpik) 16:43

1. Pittsburgh, Crosby 13 (Talbot, Orpik) 16:43

Penalties — Bieksa Vcr, Adams Pgh (fighting) 2:15, Crosby Pgh (holding) 14:36.

2. Pittsburgh, Talbot 4 (Cooke) 5:43 (sh)
3. Pittsburgh, Asham 2 (Rupp, Martin) 9:04
4. Vancouver, Hamhuis 2 (H.Sedin, D.Sedin)

9:38 **Penalties** — Rupp Pgh (holding) 2:43, Rupp Pgh (boarding) 5:06, Ballard Vcr (hooking)

No Scoring. **Penalties** — Crosby Pgh (delay of game) 14:57,

6 12 12 11 9 9

12:07, Dupuis Pgh (tripping) 16:08. Third Period

H.Sedin Vcr (holding) 15:42.

Shots

Vancouver Pittsburgh

Tampa Bay at Philadelphia, 7 p.m. Nashville at Montreal, 7:30 p.m. San Jose at Dallas, 8:30 p.m. (goaltender interference) 15:06, Carkner Ott,

Harrison Car (roughing) 16:25, Gonchar Ott (tripping) 17:20, Michalek Ott (double rough-

ing), LaRose Car (roughing) 20:00. Second Period

Tuesday's results

Tuesday's results
Montreal 3 Philadelphia 0
Toronto 5 Nashville 4
Dallas 2 Anaheim 1
Tonight's games
(All times Eastern)
Florida at Boston, 7 p.m.

New Jersey at Toronto, 7 p.m

No Scoring.

Penalties — Winchester Ott (roughing), E.Staal Car (boarding) 1:35, Carson Car (hold-

E.Staal Car (bodruing) 1:55, Carson Car (hold-ing) 14:40. **Third Period** 5. Carolina, LaRose 6 (McBain, E.Staal) 1:26 6. Ottawa, Alfredsson 8 (Gonchar, Kuba) 9:31 (pp) 7. Carolina, E.Staal 9 (Samsonov, LaRose)

8. Carolina, T.Ruutu 4 (Cole) 15:54 Penalties - Kelly Ott (tripping) 1:59, Sam onov Car (hooking) 8:51, Campoli Ott (hold-

ina) 9·59 5 8 11 16 6 6 Carolina 16 6 6 2 2 Goal (shots-saves) — Ottawa: Elliott (1,9-6-0)(16-12), Leclaire (16:46 first)(12-9); Carolina: Ward (W,9-7-0). Power plays (goals-chances) — Ottawa: 1-3; Carolina: 2-6. Att. — 12,938 (18,680) at Raleigh, N.C.

SCORING LEADERS

Stamkos, TB Crosby, Pgh

D.Sedin, Vcr

H.Sedin, Vcr

Ovechkin, Wash Semin, Wash

CANES 7, SENATORS 1

1. Carolina, Gleason 2 (LaRose, Samsonov) 2. Carolina, E.Staal 7 (Jokinen, Pitkanen) 10:41

Fittsburgh: Fleury (W,4-6-1), Power plays (goals-chances) — Vancouver: 0-5; Pittsburgh: 0-2.

Att. — 18,252 (18,087) at Pittsburgh.

(pp)
3. Carolina, E.Staal 8 (Jokinen, Corvo) 16:05

(pp) 4. Carolina, LaRose 5 (Gleason, E.Staal) 16:46

Penalties — Karlsson Ott (holding) 9:32, Jokinen Car (interference) 11:31, Shannon Ott

Roy, Buf C.Stewart, Col Plekanec, Mtl Selanne, Ana Backstrom, Wash Sharp, Chi M.Richards, Pha Getzlaf, Ana St. Louis, TB Hejduk, Col Eriksson, Dal Ladd, Atl P.Stastny, Col Dubinsky, NYR J.Williams, LA Heatley, SJ P.Kane, Chi Malkin, Pgh Marleau, SJ Ryan, Ana 7
Not including last night's games SOCCER **MLS PLAYOFFS**

Giroux, Pha

Perry, Ana

B.Richards, Dal Rov. Buf

THIRD ROUND

Championship MLS Cup At Toronto Sunday's game (All times Eastern) Colorado vs. FC Dallas, 8:30 p.m.

2012 EUROPEAN CHAMPIONSHIP **OUALIFYING**

Group E Yesterday's results Finland 8, San Marino 0 Group F Croatia 3, Malta 0

2012 AFRICAN CUP OF NATIONS QUALIFYING

Yesterday's results Botswana 1, Tunisia 0 Togo () Chad ()

NBA

12 13

11 12 12

14

10

17 17

EASTERN CONFERENCE

ATLANTIC DIVISI	ON						
	W	L	Pct	GB			
Boston	9	2	.818	_			
New Jersey	4	6	.400	41/2			
New York	3	8	.273	6			
Toronto	3	9	.250	61/2			
Philadelphia	2	10	.167	71/2			
SOUTHEAST DIV	ISIOI	V					
	W	L	Pct	GB			
Orlando	7	3	.700	_			
Atlanta	8	4	.667	_			
Miami	7	4	.636	1/2			
Charlotte	4	7	.364	31/2			
Washington	3	7	.300	4			
CENTRAL DIVISION	NC						
	W	L	Pct	GB			
Chicago	6	3	.667	_			
Cleveland	5	5	.500	11/2			
Milwaukee	5	6	.455	2			
Indiana	4	5	.444	2			
Detroit	4	8	.333	31/2			
WESTERN CONFERENCE							
COLUMN TOT DO	COLITION/ECT DIVIGION						

IVEW Offedits		_	.007				
San Antonio	8	1	.889	-			
Dallas	7	2	.778	1			
Memphis	4	8	.333	51/2			
Houston	3	7	.300	51/2			
NORTHWEST D	IVISIO	N					
	W	L	Pct	GB			
Utah	7	4	.636	-			
Oklahoma City	6	4	.600	1/2			
Portland	7	5	.583	1/2			
Denver	6	5	.545	1			
Minnesota	3	9	.250	41/2			
PACIFIC DIVISION							
	M	- 1	D-L	CD			

L

	w	L	Pct	GE
L.A. Lakers	10	2	.833	-
Golden State	7	4	.636	21/
Phoenix	6	5	.545	31/
Sacramento	3	6	.333	51/
L.A. Clippers	1	10	.091	81/

Last night's results Miami 123 Phoenix 96 Toronto 94 Philadelphia 86 Boston 114 Washington 83 L.A. Lakers 103 Detroit 90 L.A. Clippers at Minnesota Dallas at New Orleans Houston at Oklahoma City New Jersey at Utah Chicago at San Antonio

New York at Sacramento

BASEBALL

MLB

AMERICAN LEAGUE
TORONTO BLUE JAYS—Acquired OF Rajai
Davis from Oakland for RHP Trystan Magnuon and RHP Daniel Farguhar. NATIONAL LEAGUE FLORIDA MARLINS—Agreed to terms with C

TRANSACTIONS

FLORIDA MARLINS—Agreed to terms with C John Buck on a three-year contract. HOUSTON ASTROS—Named Tony De-Francesco manager of Oklahoma City (PCL). SAN FRANCISCO GIANTS—Purchased the contracts of INF Ehire Adrianza from San Jose (Cal) and 0F Thomas Neal from Richmond (FL) (EL). ST. LOUIS CARDINALS—Purchased the con-

tracts of RHP Eduardo Sanchez, RHP Adam Reifer, RHP David Kopp, INF Pete Kozma and OF Adron Chambers

FOOTBALL

A PT

23 23

CAROLINA PANTHERS—Placed RB DeAngelo Williams on injured reserve. Promoted G C.J. Davis from the practice squad. Signed RB Jeremiah Johnson to the practice squad. DENVER BRONCOS—Released DL-LB Jarvis

Moss.
JACKSONVILLE JAGUARS—Claimed WR Jason Hill off waivers from San Francisco. Waived CB Chevis Jackson. SAN FRANCISCO 49ERS-Signed K Shane Andrus to a one-year contract. ST. LOUIS RAMS—Signed TE Derek uman. Placed TE Fendi Onobun on injured

HOCKEY

CAROLINA HURRICANES—Acquired D Ian White and F Brett Sutter from Calgary for D Anton Babchuk and F Tom Kostopoulos. Recalled D Brett Carson from Charlotte (AHL). SAN JOSE SHARKS—Recalled D Mike Moore from Worcester (AHL).

ΔНΙ

CHARLOTTE CHECKERS—Signed D Julien

TORONTO MARLIES—Recalled G Ben Scrivens from Reading (ECHL). ECHL READING ROYALS—Announced F Yannick Riendeau was assigned to the team from Providence (AHL). Announced G Ben Scrivens was recalled by Providence. Signed G Brent

AMERICAN CONFERENCE

EAST						
	W	L	T	Pct	PF	P/
New England	7	2	0	.778	258	214
N.Y. Jets	7	2	0	.778	208	150
Miami	5	4	0	.556	172	192
Buffalo	1	8	0	.111	164	245
SOUTH						
	W	L	Т	Pct	PF	P/
Indianapolis	6	3	0	.667	240	185
Tennessee	5	4	0	.556	241	179
Jacksonville	5	4	0	.556		250
Houston	4	5	0	.444	217	257
NORTH						
	W	L	T	Pct	PF	P/
Baltimore	6	3	0	.667	196	165
Pittsburgh	6	3	0	.667	200	164
Cleveland	3	6	0	.333	172	182
Cincinnati	2	7	0	.222	184	213
WEST						
	W	L	Т	Pct	PF	P/
Oakland	5	4	0	.556	235	188
Kansas City	5	4	0	.556	212	194
San Diego	4	5	0	.444	239	197
Denver	3	6	0	.333	203	252
NATIONAL	CO	NFI	FRE	NCE		

NATIONAL	L CO	NF	ERE	NCE		
EAST						
	W	L	Т	Pct	PF	PA
Philadelphia	6	3	0	.667	257	209
N.Y. Giants	6	3	0	.667	236	193
Washington	4	5	0	.444	183	229
Dallas	2	7	0	.222	194	252
SOUTH						
	W	L	Т	Pct	PF	PA
Atlanta	7	2	0	.778	222	175
New Orleans	6	3	0	.667	201	151
T D		2	0	667	100	204

RAFIUR3 94, / OER3 OU TORONTO (94) Weems 10-18 4-6 25, Evans 1-1 3-4 5, Bargnani 12-18 5-6 30, Jack 2-13 2-2 6, DeRozan 1-3 2-24, Calderon 3-6 6-6 12, John-son 1-3 1-1 3, Kleiza 1-7 1-2 3, Andersen 3-4 0-0.6. Totals 34-73 24-29 94.

0 Minnesota Detroit WEST

11, Speights 2-3 0-0 4, Kapono 0-0 0-0 0, Young 4-13 2-3 10, Williams 0-7 0-0 0, Songaila 0-3 0-0 0, Battie 0-3 0-0 0. Totals 32-87 21-28 86. Seattle St. Louis San Francisco

22.9 22.7 22.6 22.3

21.7 21.3

21.2 21.2 21.2 21.1 21.0 19.9

87 21-28 86. Toronto 25 21 23 25 94 Philadelphia 26 21 24 15 86 3-Point Goals—Toronto 2-12 (Weems 1-3, 3-Point Golds—foroitto 2-12 (Weenis 1-3, Bargnani 1-3, Kleiza 0-1, Calderon 0-1, Jack 0-4), Philadelphia 1-8 (Nocioni 1-4, Battie 0-1, Holiday 0-3). Fouled Out—Johnson, Nocioni. Rebounds—Toronto 48 (Evans 14), Philadelphia 58 (Turner 12). Assists—Toronto 20 (Calderon 8), Philadelphia 15 (Holiday 7). Total Fouls-Toronto 21, Philadelphia 24. A-12,164 (20,318) at Philadelphia.

MLB

MANAGERS OF THE YEAR

MANAGERS OF THE YEAI
AMERICAN LEAGUE
2010 — Ron Gardenhire, Minnesota
2009 — Mike Scioscia, Los Angeles
2008 — Joe Maddon, Tampa Bay
2007 — Eric Wedge, Cleveland
2006 — Jim Leyland, Detroit
2005 — Ozzie Guillen, Chicago
2004 — Buck Showalter, Texas
2003 — Tony Pena, Kansas City

2003 — Tony Pena, Kansas City 2002 — Mike Scioscia, Anaheim 2001 — Lou Piniella, Seattle

NATIONAL LEAGUE

2010 — Bud Black, San Diego 2009 - Jim Tracy, Colorado 2008 - Lou Piniella, Chicago 2007 - Bob Melvin, Arizona 2006 — Joe Girardi, Florida

2005 - Bobby Cox, Atlanta 2004 — Robby Cox Atlanta 2003 — Jack McKeon, Florida

2002 - Tony La Russa, St. Louis 2001 — Larry Bowa, Philadelphia

Kansas City	5	4	0	.556	212	194
San Diego	4	5	0	.444	239	197
Denver	3	6	0	.333	203	252
NATIONAL	.CO	NF	ERE	NCE		
EAST						
	W	L	Т	Pct	PF	PA
Philadelphia	6	3	0	.667	257	209
N.Y. Giants	6	3	0	.667	236	193
Washington	4	5	0	.444	183	229
Dallas	2	7	0	.222	194	252
SOUTH						
	W	L	Т	Pct	PF	PA
Atlanta	7	2	0	.778	222	175
New Orleans	6	3	0	.667	201	151
Tampa Bay	6	3	0	.667	188	206
Carolina	1	8	0	.111	104	215
NORTH						
	W	L	Т	Pct	PF	PA
Chicago	6	3	0	.667	175	146
Groon Ray	6	2	Λ	667	221	1/12

.667 221 143 .333 169 195

T 0 Pct .556 .444 166 160

199 164

.333 160 198

WEEK 11

Tonight's game (All times Eastern) Chicago at Miami, 8:20 p.m Sunday's games Detroit at Dallas, 1 p.m. Detroit at Dallas, J.p.m.
Oakland at Pittsburgh, 1 p.m.
Washington at Tennessee, 1 p.m.
Houston at N.Y. Jets, 1 p.m.
Buffelo at Cincinnati, 1 p.m.
Arizona at Kansas City, 1 p.m.
Cleveland at Jacksonville, 1 p.m.
Raltimore at Carolina, 1 p.m. Baltimore at Carolina, 1 p.m. Green Bay at Minnesota, 1 p.m. Atlanta at St. Louis, 4:05 p.m. Seattle at New Orleans, 4:05 p.m. Tampa Bay at San Francisco, 4:05 p.m. Indianapolis at New England, 4:15 p.m. N.Y. Giants at Philadelphia, 8:20 p.m.

Monday's game
Denver at San Diego, 8:30 p.m.

CFL

WEEK 21

EAST DIVISION Toronto at Montreal, 1 p.m. WEST DIVISION

Saskatchewan at Calgary, 4:30 p.m.

OVER 500 SHOPS, SERVICES, RESTAURANTS & BARS

OVER 500 SHOPS, SERVICES, RESTAURANTS & BARS

OVER 500 SHOPS, SERVICES, RESTAURANTS & BARS



Score Big with Bank Street BIA

Listen to TEAM 1200 during and after The Senator's home games for your chance to win:

2 Level 100 Seats Dinner for two at the Sens Club VIP Parking



Free Parking on Weekends at City Lots and Meters North of the Queensway, West of the Canal

Crossword

Across

- 1 Son of Noah
- 5 Run for exercise
- 8 Salver 12 Carte
- 13 Before
- 14 Test the waters
- 15 Language of Pakistan
- 16 Timetable abbr.
- 17 Grandson of Eve
- 18 New Zealand
- discoverer
- 20 Timid
- 22 Marked by integrity
- 26 Computer fodder 29 Individual
- 30 Ultramodernist
- 31 Prevents
- 32 Agent
- 33 Culture medium
- 34 Judge Lance
- 35 Literary collection
- 36 Failing the white-
- glove test 37 Firing
- 40 Speech impediment
- 41 Human, e.g. 45 Sacred bird of Egypt
- 47 Shell game need 49 Slithery
- 50 Rational
- 51 Early bird?
- 52 Schnozz
- 53 Creche trio
- 54 Pirouette pivot
- 55 "— company, ..."

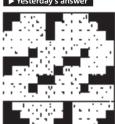
Down

- 1 Pornography
- 2 Wife of Zeus
- 3 Tackles' teammates 4 Loose garb for
- islanders

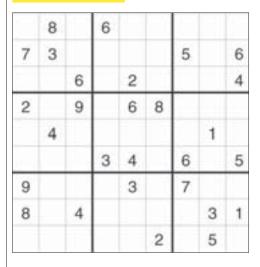
- 9 (1 11 4:. ΔШ ٠iı٠ 47 è
- 5 Unisex casual wear
- 6 Bobby of hockey
- 7 Deutschland
- 8 Classic suit material 9 Seeded players' con-
- cerns
- 10 Big bother
- 11 "Of course"
- 19 Suitable 21 Compass dir.
- 23 November
- birthstone 24 Spruced up
- 25 Like the "Saw"
- movies 26 Footnote abbr.

- 27 Intl. defense group 28 In search of prey
- 32 Brief passage
- 33 Add to
- 35 Fool
- 36 Modern-day evidence
- 38 Japanese-Ameri
- can
- 39 Picture
- 42 Cat call?
- 43 As well 44 Corrosive alkalis
- 45 Tenet
- 46 Ovine remark
- 48 Id counterpart

► Yesterday's answer



Sudoku



Friday

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and

Today

Yesterday's answer	

4'/-6'

Variable



11/-41

Moinly sure

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

I have a really important question for you. Jenna Kaylee Merrick, will you marry me? Sincerely yours.

Hey Baby, Just want you to know that I love you more and more each day. Each time we are together is like the first time we met and getting better. I smile each and every time I think of you throughout my day and when the weekend comes I am sooo excited because I know I will be seeing you. LOVE YOU VERY MUCH BABY...!!!

Nicholas, I love you soooo much! I even bought a gold fish and named it after you! For ever and ever babe. I love you buckets! YOUR SWEET-PEA

While the world is turning into the white, I am think ing about you and missing you all the time. I wish i could spend time with you. Love you, SUE TEI

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For today's crossword answers and for expanded horoscopes, go to metronews.ca

T Aries March 21-April 20

Today's horoscope

There is no such thing as chance: everything happens for a reason, and your task today is to reason why you have been denied access to something you desire.

Taurus April 21-May 21 If

you compare yourself to other people you will be disappointed as there will always be others who achieve more than you. Compare yourself to who you were yesterday and the day before.

Ⅱ Gemini May 22-June 21 Be

true to yourself and don't cut corners. You can bend the rules if you wish but your conscience will nag at you for not living up to your high ideals and standards

Gancer June 22-July 22 If

you are finding a simple task difficult for some reason then sign that you need a break. You have been pushing yourself rather hard of late.

confidence about you at the moment that is really quite eerie. The gods of change are about to move the world in your favor.

maybe you should take it as a

Ω Leo July 23-Aug.23 There is a

W Virgo Aug. 24- Sept. 22 As a Virgo you know that the simplest solution is usually the right solution and you won't go far wrong if you apply that knowledge to a relationship. Jupiter is moving in your favor again and you must move too - for love.

← Libra Sept. 23-Oct. 23 What happens today will remind you that it's always a mistake to assume that things will stay the same. If you stay flexible and move with the times you'll benefit in ways you cannot imagine.

M Scorpio Oct. 24-Nov. 22

Jupiter, planet of good fortune, urges you to put your own interests first today and do only what benefits you. Is that selfish? Maybe. So what!

Nov. 23-Dec. 21 You know that if you go to extremes you will provoke an equally extreme reaction, so why are you toying with the idea of doing something that is sure to annoy a lot of people?

り Capricorn Dec. 22-Jan. 20

You don't take well to criticism and that could lead to problems today as someone is intent on telling you where you've been going wrong.

Aquarius Jan. 21-Feb. 18 You may have to lower your

sights a little today, especially if you discover that your cash flow situation is not as good as you would like it to be. Have you been living beyond your means?

H Pisces Feb. 19-March 20 You have achieved a lot in recent weeks and you will achieve even more when the Sun crosses the midheaven angle of your chart in a few days time. It's okay to be ambitious. SALLY BROMPTON

Caption contest "That's gonna hurt..." TABATHA

@ h

You WIN! write it!

Write a funny

caption for the image to the right and send it to plav@metronews.ca the winning caption will be published in tomorrow's



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2004	VIBE	auto, air	83,970km ^{\$} 8,888*
2007	ION	4-door, auto, air	75,246km <mark>\$8,888*</mark>
2008	COBALT LT	auto, air	24,937km \$10,888*
2006	G6 GT COUPE	sunroof	70,120km \$11,888 *
2008	IMPALA LTZ	roof	115,112km \$15,888*
2007	LUCERNE CXL	loaded	98,095km \$16,888 *
2007	LUCERNE CXL	leather	43,710km \$17,888 *
2009	MALIBU LT	alloy wheels	10,650km\$ 20,888 *
2010	CADDY CTS AV	VD leather	21,546km \$32,888*
2010	CADDY STS	sunroof	21,882km \$33,888 *

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2010	IMPALA	leather	36,599km \$19,888
2010	IMPALA LTZ	loaded/roof	39,189km <mark>\$20,888</mark>
2010	MALIBILITZ	leather	41 224km \$22 888

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2007	G6 GT CONVERTIBLE leather	52,925km <mark>\$18,888</mark>
2008	G6 GT CONVERTIBLE leather	24,691km <mark>\$19,888</mark>
2010	CAMARO SS V8, 6 speed, rd	oof 42,466km <mark>\$27,888</mark>
2010	CAMARO SS V8, auto, leath	er 45,328km \$27,888
2007	CORVETTE CONVERTIBLE auto	39,565km \$39,888
2010	CORVETTE CONVERTIBLE grand spor	t 1,800km <mark>\$68,888</mark>

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